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Banner News

Jessi Smith

Molly Lumley

Fiona Flatt

Shane Meier

Eden Hinrichs

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Hawaiian luau to benefit teacher

Jessi Smith
Executive Editor

A benefit for DMACC instructor, and breast cancer survivor, Lisa Kahookele-Kivilahan will be held on April 19, in the Courter Center from 4 p.m. to 7 p.m. The money raised will go towards Kahookele’s medical and household expenses.

Kahookele has taught at DMACC for 11 years and currently teaches study strategies and College Preparatory Writing II. “Working with students keeps me young,” said Kahookele. “I learn so much from the students, so it’s sort of a selfish thing. I love the energy of the students.” Kahookele has two boys, Thomas, age 12, and Edward, age 7, with her husband Dan Kivilahan.

While performing a self-exam in January, Kahookele found a tender spot in her breast and disregarded it. After going to a physician to receive the standard breast exam tests, Kahookele was informed that the tender spot was actually something serious. “The fact that I had no health insurance kind of freaked me out,” said Kahookele. “I never thought it could happen to me, I mean, there it hasn’t happened on either side of my family.”

The issue of not having health insurance had not been a serious matter before Kahookele

was diagnosed with cancer. “No-body got sick so it was no big deal,” said Kahookele. “We’d get it sorted out sooner or later.”

“It was pretty scary when I got the results back form the biopsy,” said Kahookele. “Yes, it was breast cancer.”

After being diagnosed with cancer, Kahookele launched a search for assistance. “Interestingly enough, five or six people sent me a link to Women’s 40 Plus,” said Kahookele. “I kind of took it as a sign; I decided to follow up on it. Because of my financial eligibility, I qualified for that program.”

Kahookele qualified for the federal program for women in her age range. “It’s the back door to Medicaid,” said Kahookele. “It covers my treatment for as long as I need treatment. It also covered my surgery and chemotherapy.”

“My sisters both came out [from Colorado] when I had surgery,” said Kahookele. “They stayed with me and took care of me.”

The benefit proceeds will go to help with Kahookele’s breast reconstruction and other expenses. The benefit was set up by Kahookele’s friends Homie Simmonds and Anne Kiesel. “I’m very lucky to have some wonderful friends who care about me,” said Kahookele. “Homie wanted to make sure I wasn’t stressing



Photo: Jessi Smith

Lisa Kahookele-Kivilahan

about money.”

Kahookele was reluctant about accepting help from her friends at first. “[Homie] had to wear me down. It felt awkward,” said Kahookele. “The Hawaiian

way is to help others and it turned out that I was the one who needed help, so it felt kind of funny.”

“It’s a weird thing to say, but

Continued PAGE 2, Kahookele

Post traumatic stress disorder books available

Molly Lumley
Managing Editor

Sleepless nights, terrifying nightmares, depression, and disturbing flashbacks are common symptoms of post-traumatic stress disorder, or PTSD.

According to the National Institute of Mental Health, PTSD is “a debilitating condition that often follows a terrifying physical or emotional event, causing the person who survived the event to have persistent, frightening thoughts and memories of the ordeal” It is also referred to as “shell shock” or “battle fatigue.” Nearly 7.7 million Americans are afflicted at any given time. Approximately 30 percent of men and women who have spent time in a war zone experience PTSD.

This semester, three new books have been added to the library that deals with PTSD. They are “The Veteran’s PTSD Handbook: How to File and Collect Claims for Post-Traumatic Stress Disorder” by John D. Roche, “Courage After the Fire,” by

Keith Armstrong, Suzanne Best, and Paula Domenici, and “Down Range, to Iraq and Back,” by Bridget C. Cantrell and Chuck Dean.

Psychology professor Jane Martino recommended the books to the library. “We have a lot of returning service personnel and we have a lot of people who have family members who are returning. They come back as changed people,” Martino said. “What we hope to do is make this an open topic for discussion. It is something that we as a society need to talk about openly and treat.”

The three books discuss different perspectives on PTSD and what soldiers who have come back from the Iraqi conflict, or any war, can do to deal with the symptoms. The books each discuss what PTSD is, and give illustrations of how PTSD is a very subjective condition. Each person can have different symptoms and different triggers that set if off.

“The Veteran’s PTSD Handbook,” focuses around how veteran who are afflicted with the

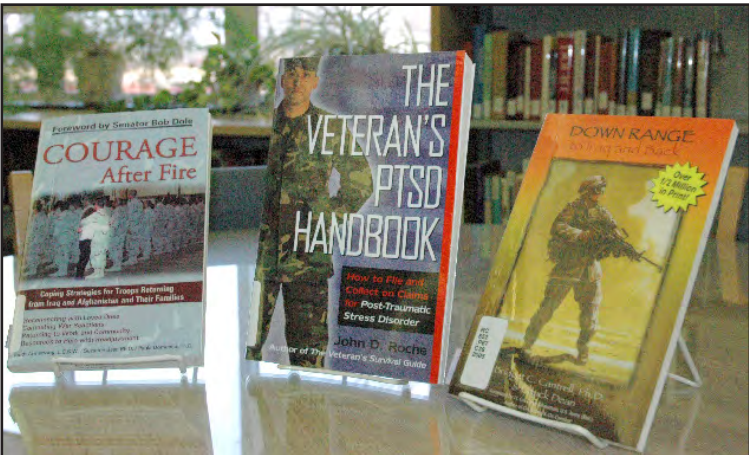


Photo: Molly Lumley

Three Post Traumatic Stress Disorder books available in the Library.

disorder can file a disability claim with the government and receive compensation. The book goes through a step-by-step process on what types of claims to file,

Filing a disability claim with the Veteran’s Affairs department can be a lengthy process. Roche explains the process and equips those reading the book with the tools and knowledge they will need to file a successful claim. “Unfortunately, tens of thousands

of former veterans have been denied service-connected health care and compensation for post-traumatic stress disorder because they were unable to make a case for their claim,” Roche said in the introduction.

“Courage After the Fire” deals with topics about strengthening the mind and body after coming back from a war situation,

Continued PAGE 2, PTSD

Author Stephen G. Bloom to speak At DMACC Boone Campus

DMACC -- Author Stephen G. Bloom will speak at the Des Moines Area Community College Boone Campus as part of the 2008 Iowa Studies Forum.

Bloom, author of “Postville: A Clash of Cultures in Heartland America,” will speak from 11:15 a.m. to 12:30 p.m., April 10 in the DMACC Boone Campus Auditorium.

Bloom’s critically acclaimed book on Postville, Iowa was a Book-of-the-Month Club and Quality Paperbacks Book Club selection and was named a Best Book of the Year by MS-NBC, the Chicago Tribune, Chicago Sun-Times, Rocky Mountain News and Denver Post.

Bloom is also the author of “Inside the Writer’s Mind: Writing Narrative Journalism” and also “The Oxford Project.”

He will also speak at the DMACC Carroll and Urban Campuses on Apr. 10 and is the keynote speaker at the 2008 Iowa Studies Forum dinner to be held Apr. 11 at the State Historical Society in Des Moines.

This year’s theme is “The World in Iowa: Immigrants and Immigration,” and will feature 20 morning educational presentations and a luncheon with former Gov. Tom Vilsack on the DMACC Ankeny Campus.

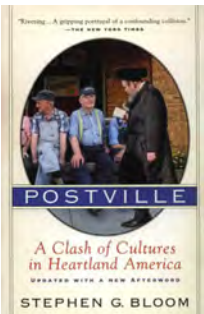
The afternoon and evening session will feature a panel discussion on immigration, along with a concluding reception and dinner at the Historical Society.

Registration fees are \$20 for the morning session, which includes a continental breakfast and lunch; \$25 for the afternoon and evening session, which includes dinner; or \$40 for both sessions. High school and college students can attend free with registration.

For more information, contact Dr. Lisa Ossian at (515) 964-6568.

To register for the 2008 Iowa Studies Forum, visit www.dmacc.edu/iowastudies.

His presentation on the DMACC Boone Campus is free and open to the public.



Published authors to speak on Boone Campus

Molly Lumley
Managing Editor

April 14 through 16, DMACC will be celebrating its 6th annual Celebration of the Literary Arts. The Boone Campus will be having several speakers in the Courter Center on April 14.

University of Colorado professor and poet Ruth Ellen Kocher and Washburn University English professor Thomas Fox Averill will be reading some of their works from 11:15 a.m. to 12:15 p.m. in the Campus Theatre. Musician Rob Lumbard will be playing music before the readings from 10 a.m. to 11:15 a.m. in the Courter Center.

English professor Rick Christman is in charge of scheduling the festival. "I have different people at the different campuses that help me find rooms for the speakers."

Christman said it is a long process to find the writers for each year's festival. "I decide who's good and who's interested," Christman said.

"I try to pick the two writers that will respond the best to the students. I think that the students at Boone will respond very well to Ruth Ellen and Thomas Fox. They're both very interesting people."

"The whole English depart-

ment helps to put on the Boone segment. We created our own creative writing contest," said Jan LaVille, group leader of the Boone campus English department. "We coordinate it each year."

Kocher was born in Wiles Barre, Pennsylvania. She graduated with a Bachelor of Arts degree in English from the Pennsylvania State University in English in 1990. Some of her most famous works include "One Girl Babylon," "When the Moon Knows You're Wandering," and "Desdemona's Fire."

Kocher works have appeared in several journals, such as the Ploughshares, Crab Orchard Review, Clacksman Literary Review. According to Kocher's University of Colorado webpage, her interests include "Creative writing (poetry); poetics; American modernism; African-American literature, especially women writers; modern and contemporary literature."

Averill graduated from the University of Iowa's Writer's Workshop in 1976. Some of his novels include, "Secrets of the Tsil Café" and "The Slow Air of Ewan MacPherson." He also has written short story collections, "Passes at the Moon" and "Seeing Mona Naked".

The event is free and all are invited.



Thomas Averill

Photo: Contributed

Kahookele

Continued from PAGE 1

"I've never felt so incredibly lucky and blessed," said Kahookele. "I'm just amazed at how deeply people care and are willing to extend their kindness and prayers. I do think the prayers have been helping."

"I figure sooner or later we all get something that tests us to the core," said Kahookele. "I guess it's my turn."

The benefit will include a traditional Hawaiian dinner of Kalua pork and other indigenous dishes. There will be an authentic Aloha Wind Dance Troupe for entertainment. A silent auction will be held to raise extra money for Kahookele and her family.

"I love my Hawaiian heritage and I like being able to share that and have a little fun," said Kahookele. "If nothing else, it will still be fun to have the music, dance, and food."

Tickets for the event are being sold in the DMACC Academic Achievement Center. Adult tickets are fifteen dollars each and five dollars each for children.

Kahookele is expected to make a full recovery.

Post Traumatic Stress Disorder, Continued from PAGE 1

copied strategies, grief and loss, changed views of self, others, the world, returning to civilian life, and restoring family roles and relationships.

The introduction states: "Each person reading this book has been affected differently by his or her wartime experience, even if it was the same operation. You and your fellow service members had different reasons for going to war and various expectations about what war would be. You had different family and social lives before being deployed, and you're returning to different situations. All these things impact how you

respond to deployment, view your military service, and readjust to post-deployment today."

The book uses examples of real life soldiers who struggled with PTSD, and how they overcame it. The book is written not only for those with PTSD, but those who have a loved one with the disorder, doctors who help those with the disorder, and anyone interested in learning more about the effects that PTSD can have on someone.

The last book, "Down Range, to Iraq and Back," includes general information about PTSD, such as symptoms, first aid, and

treatment options. It also talks about the feeling of isolation that survivors of PTSD can face, and reassures them that they are not alone.

For those who are struggling with the disorder because of military related issues, there is an organization that people can call to get help. Military OneSource provides constant help with translators in more than 150 languages. The service is free and anonymous and can provide resources to help cope with PTSD. They can be contacted stateside at 1-800-342-9647 or at www.militaryonesource.com.

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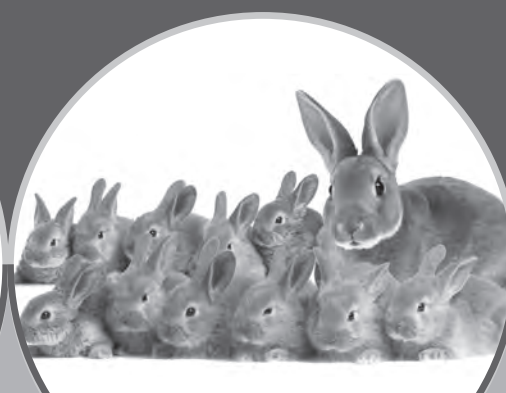
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Photo: Molly Lumley

Students gather around a display table for Campus Crusade for Christ. Seated from left to right are Nikki Kaufman, Brandon Vonk, and Jeff Scholter. The organization is interested in trying to start a group on campus and spent the afternoon talking to students about their organization and handing out a survey asking student’s opinion’s of Christianity. Student Amber Smith, far right, said that although she isn’t Christian, she can understand why Campus Crusade for Christ would want to start a group. “I’d want to start something here for my own faith. Everyone needs some sense of community,” she said. “I liked how they weren’t being pushy. I don’t mind people who are open-minded when they talk about religion.”

DMACC TO SPONSOR 4TH ANNUAL ENTREPRENEURSHIP DAY

DMACC – Entitled “Making A World of Difference!,” Des Moines Area Community College (DMACC) will be hosting the Fourth Annual Entrepreneurship Day on Thursday, April 17 from 9:00 a.m. to Noon in the Building 6 Auditorium on the Ankeny Campus. The event is free and open to the public.

“Entrepreneurship Day is dedicated to Central Iowans interested in starting and operating a small business,” said Vada Grantham, Chair of DMACC’s Entrepreneurship Program. “We will showcase five people who have taken an idea and turned it into a successful business. Participants will see the opportunities and the pitfalls that entrepreneurs face each day.”

Sarah Grant, owner and creative director of *Sticks*, Inc., will serve as the keynote speaker. *Sticks* is a nationally recognized maker of custom furniture, accessories and art work. The company employs 140 in Des Moines.

Grant will share how a simple idea of etched wooden furniture inspired her to create the award winning company of today.

“Entrepreneurs always start with a passion,” said Grant. “I didn’t start out with a desire to open *Sticks*, it just came from my desire for creating artwork. I have a passion for creating and the entrepreneur part came afterwards.”

Grant said successful business owners all have one thing in common – they produce an outstanding core product or service.

“Many people see the advantages of owning a small business as very rewarding,” said Grantham. “However, there are many challenges and steps before a business becomes successful.”

Grantham, who chairs DMACC’s Entrepreneurship Program, said he’s seeing more and more young people interested in starting their own businesses.

“Our curriculum creates a platform for entrepreneurs of all ages to learn the process to

start and successfully run a business. We want to point out the pitfalls and best practices,” said Grantham.

The DMACC professor also made the case that everyone needs entrepreneur training. “Whether our students go on to own an art gallery or auto shop, they will still need good business entrepreneurship skills,” said Grantham. Grant agreed, “You fill many roles being an entrepreneur.” She said that no one in art school ever suggested taking a business class.

Despite the challenges, Grant said owning and operating a small business has been a wonderful experience.

“I love what I do and am proud of making products for people from all over the world. It’s very rewarding,” said Grant.

To review the agenda or learn more about the speakers please go to the web site at entrepreneurship.dmacc.edu.

‘A Dream in Doubt’ shown by DMACC

Jessi Smith
Executive Editor

DMACC hosted a showing of the PBS documentary “A Dream in Doubt” April 6, at the Des Moines Art Center.

The documentary, by Tami Yeager, followed the story of five brothers who immigrated to the US from India and faced tragic discrimination after 9/11. The eldest brother, Balbir Singh Sodhi, was murdered shortly after the 9/11 attack by an enraged citizen who had decided that Sodhi was a terrorist because he wore a turban. This was the first killing in a long line of hate crimes directed at Muslims, Arabs and Sikhs after 9/11.

“You work hard and enjoy the life. There is a lot of opportunity. And you can make your own dream,”

tary. “You work hard and enjoy the life. There is a lot of opportunity. And you can make your own dream,” said Rana Sodhi.

According to the documentary, the Sikh religion is a monotheistic practice that promotes good will, equality, and honesty. Sikhs do not segregate themselves from other religions. Sikh temples welcome outsiders of all religions who wish to learn more. Sikh men wear the Turban as a religious symbol of their faith and do not remove it in public.

Most of the hate crimes committed against the Sikhs have gone unreported. The misconception of the Sikh religion by other Americans has caused much pain for followers of the Sikh faith. Sikhs, mainly from India, are not only mistaken for Middle-Eastern, but because of their traditional turbans, are stereotyped as terrorists.

A group of four panelists addressed the issues shown in the film after the showing of the documentary. The group consisted of Gurwinder Kapur and Jasvinder Kakar from the Iowa Sikh Association, Water Reed Jr., the director of the Iowa Department of Human Rights, and Rekha Basu, columnist for the Des Moines Register. The panelists explained their interpretation of the film and talked about their own experiences with racial discrimination.



Rana Sodhi

Stanton to lecture on Iraqi women project at Hunziker Center

On Wednesday, April 9, international journalist and author, Sue Stanton, will be sharing her experiences working with refugee women in Iraq. Stanton will be speaking at the Ames Hunziker Center in Rm. 112 at 6 p.m.

In the fall of 2007 Stanton was asked if she would help with an effort to assist Iraqi Women refugees and their families as they awaited an end to the Iraqi war in Amman, Jordan. Stanton launched the Iraqi Women Project

as an interfaith effort to help build a ‘cooking kitchen’ where Iraqi refugee women could prepare food products for their families and for sale.

Having recently returned from Jordan, Stanton is speaking to groups around Iowa in an effort to educate the public on conditions for refugee women in the region. She is an expert on Middle East issues and has been instrumental in accomplishing dialogue efforts between Christians and Muslims, Arabs and Americans. Her travels have taken her to places such as the West Bank, Israel and Jordan.

The event to free and open to the public.



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Nystrom creates display for halls of Boone Campus

Fiona Flatt
Staff Writer

A series of ceramic fish have been hung in the south stairwell of the buildings since the end of spring break. The fish were made by Marck Nystrom, a DMACC graduate from the class of 1969.

Nystrom has been working with clay for several years. "It is my passion," says Nystrom. Since he retired in 2006 from Iowa State as the Assistant to the Dean in Design, he has been able to devote more time to his hobby. Nystrom also makes dishware and a variety of other ceramic designs that he sells at the Farmer's market in Des Moines. Nystrom is most passionate about the fish.

"I've been making fish the whole time I've been working with clay. You might say that for me it's an animal spirit you can associate with. For some people it's an eagle or a bear, for me it's a fish," said Nystrom.

Nystrom enjoys fishing and has spent time studying the fish he has caught. The ceramic fish he designed for DMACC are modeled after two different species of fish. The larger ones are walleye and the smaller ones are

bass, both of which can be found in Iowa. "They're definitely interesting, its art, but its biological," said art instructor Brad Shea.

"The fish are beautiful, and the thing about it, fish swim in schools," said student services specialist Nancy Moeller. "It's also nice that we're supporting local artist by showcasing their work. There are talented people in Boone."

"I think they're weird, I don't really understand them. They started out with cardboard fish to see where they would go, and now there's just these fish there. I think if they added some flowers and trees around them I would understand it more," said student Liz Baker.

"It's interesting. When you walk up the stairs it has a 3D effect. It gives the wall dimension. It's better then just the blank brick wall," said bookstore clerk Lisa Savits.

I wasn't really sure what they were at first," said student Sharna Daniels. "I kind of thought they had something to do with the biology classes because those rooms are right at the top of the stairs too."



Photo: Eden Hinrichs

Marck Nystrom made ceramic fish modeled after two fish native to Iowa, walleye and bass, that are being displayed in the south stairwell of the Boone Campus.

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Winter months bring blood shortage to area blood banks

Shane Meier
Staff Writer

The sixth blood drive to occur at DMACC this year was held by the Blood Center of Iowa on March 27, in the Courter Center.

There is a current blood shortage that, according to

the Blood Center of Iowa, is a normal cycle that happens each year during the winter months.

There are fewer blood donations during the winter. Because there is generally a shortage of blood this time of year, there is no cause for alarm, however, the Blood Center of Iowa still needs as many donors as possible to try to fill the void in the blood bank.

Another reason for the winter shortage is that there are more accidents where blood is required. The combination of dangerous Iowa driving conditions and few donors during the winter create this shortage nearly every year.

Because donating blood does take time, some students are not able to donate. “I’m just really busy,” said student Joel Richardson. “I don’t have time to do it.” Whether the reason is a fear of needles or a lack of free time, many issues factor into the blood shortage.

Eden’s chocolate chip euphoria cookies

Eden Hinrichs
Staff Writer

What do I need?
1 1/2 c. butter (3 sticks)
1 tbsp. salt
2 tsp. baking powder
6 c. flour
12 oz. milk chocolate chips
1 tsp. of nutmeg
1 tsp of vanilla extract
One greased cookie sheet

Preheat oven to 375 degrees.

Okay now what?
While the oven is preheating mix all ingredients together until the texture is thick and heavy. Then take a teaspoon and scoop the mix into your hands. Vigorously roll the mix into a ball and place on a greased cookie sheet. Place cookie sheet with cookies on it in the oven for eight minutes or until the tops are a golden brown.

After the cookies are finished, place the cookies on a cooling rack or even on top of your oven. You may eat these when you feel ready.

What else can I do with these?

- Gift bags
- Get two cookies and put French vanilla ice cream in between them for a special snack.
- Make your own chocolate chip cookie sundae. Place two cookies on each side of a bowl fill with French vanilla ice cream top with hot fudge, whipped cream and a cherry.
- Put the mix into a container and give as a clever house warming gift for the gal on the go.

How long will this mix keep?
This mix will keep for approximately one month in refrigerator.

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Photo: Dan Ivis

‘The Odd Couple’ opens Friday in Campus Theatre

Des Moines Area Community College (DMACC) Boone Campus students (left-right) Cynthia Sari of Boone, Lauren Vidimos of Ames and Angel Bonifacio of Ames rehearse a scene for the upcoming DMACC Boone Campus Drama Department presentation of “The Odd Couple.” The play will be held at 7:30 p.m., Fri., Apr. 11 and Sat., Apr. 12 in the DMACC Boone Campus Auditorium. The cost is \$5 per person. DMACC students receive free admission.

DMACC Baseball

Record: 17-7 • Conference Record: 2-2



April 2 Double-Header
vs. Marshalltown 9-2 WIN
vs. Marshalltown 3-0 WIN

March 30 Double-Header
vs. NIACC 4-9 Loss
vs. NIACC 3-14 Loss

March 29 Double-Header
vs. NIACC 17-5 WIN
vs. NIACC 11-1 WIN

March 26 Double-Header
vs. Rochester 13-2 WIN
vs. Rochester 10-4 WIN

March 24 Double-Header
vs. Simpson 12-6 WIN

vs. Simpson 10-2 WIN

March 21 Double-Header
vs. Dakota County 7-6 WIN
vs. Dakota County 9-7 WIN

March 17 Double Header
vs. Eastfield (TX) 13-10 WIN
vs. Eastfield (TX) 16-14 WIN

March 16 Game
vs. Brookhaven (TX) 15-3 WIN

March 15 Double-Header
vs. Frank Phillips (TX) 6-5 WIN
vs. Frank Phillips (TX) 12-18 LOSS

March 9 Game
vs. Iowa Western 0-5 Loss

March 8 Double-Header
vs. Dodge City 12-0 WIN
vs. Iowa Western 6-8 Loss

March 2 Double-Header
vs. Ft. Scott 6-10 Loss
vs. Longview 9-3 WIN

March 1 Double-Header
vs. Ft. Scott 7-2 WIN vs.
Longview 3-4 Loss

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GAME SCHEDULE

April/9/08 Wednesday Grand View J.V.*Boone, 2:00 p.m.
April/12/08 Saturday Ellsworth* Iowa Falls, 2:00 pm
April/13/08 Sunday Ellsworth* Iowa Falls, 1:00 p.m.
April/14/08 Monday Grand View J.V. Des Moines, 2 p.m.
April/15/08 Tuesday Southwestern* Creston, 2:00 p.m.
April/19/08 Saturday Southeastern* Boone, 2:00 p.m.
April/20/08 Sunday Southeastern* Boone, 1:00 p.m.
April/23/08 Wednesday Iowa West. Council Bluffs 2 p.m.
April/26/08 Saturday Iowa Central* Ft. Dodge, 1:00 p.m.
April/27/08 Sunday Iowa Central* Ft. Dodge, 1:00 p.m.
April/29/08 Tuesday Indian Hills* Centerville, 2:00 p.m.
May/3/08 Saturday Kirkwood* Boone, 2:00 p.m.
May/4/08 Sunday Kirkwood* Boone, 1:00 p.m.
May/6/08 Tuesday Simpson J.V.* Boone, 2:00 p.m.
May/9-12/08 Fri-Mon Region XI Tourney Mason City

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MY RECENT ADDICTION TO PARANORMAL SHOWS



Eden Hinrich,
Staff Writer

I don't like reality television shows on the simple basis that I have enough of reality as it. However over the last year three particular "reality" series have come to my attention. The first show is Sci-fi's "Ghost Hunters", the second the Discovery Channel's "A Haunting" and finally, A & E's "Paranormal State." The supernatural and paranormal are always up for the controversial debate of "what if" with skeptics always throwing out every argument, but I still find the ideas and theories fascinating.

"Ghost Hunters" has unique personalities that make it an ir-

resistible watch along with the search for "the truth." Now don't get me wrong, I am not into the alien "truth is out there", I am more for "the truth could be anywhere" type. I fell in love with the science of ghost hunting and the no bull attitude of Jason Hawes and Grant Wilson, who are the founders of The Atlantic Paranormal Society or better known as T.A.P.S. They use cameras, a thermal camera, and electromagnetic meters, voice recorders that can capture E.V.P (electronic voice phenomenon), temperature meters and other sorts of equipment.

The thing that makes the series most appealing is that they are trying to disprove a haunting. Jason and Grant are Roto-Rooter plumbers by day, ghost hunters by night. If they do come across any evidence they see it from a skeptic's point of view. If the inhabitant of the home feels threatened, T.A.P.S sets up a minister or equivalent to help the spirit leave the house.

I think the most important part of any of these shows is the personal experiences and stories. I love to hear about people's lives and thoughts, but most important-

ly their stories. This brings me to the second series, "A Haunting," which reminds me of "Unsolved Mysteries" where the primary focus is on a person or family's experience that is reenacted by actors that really don't look like their real life versions. I can't help it, but the atrocious acting makes me laugh, but then again I watch really bad movies.

I watched the entire first and second seasons back to back, so I'll be frank with you. If you see the first season, run away fast! It is the worst that you can possibly watch. I didn't like the series until I started to watch the second season. I don't know if it was the Chinese food I was scarfing down at the time or the fact that I am an insomniac or that it had to do with children getting possessed, but it really began to freak me out. I found myself thinking about it a lot more then I usually would. The actors became a little more convincing and the scary scenes got to be a little more alarming, but it was the people's stories and convictions that began to eat at me. That's what got me hooked.

Like I said, it is all about the stories that get me hooked

along with the technical parts. This brings me to the third series, "Paranormal State." This group of "ghost hunters" is comprised of students from Penn State campus, lead by Ryan Buell who started up the group after being haunted by ghosts. "We are students, we are seekers and sometimes warriors," says the show's headline. They take on missions from people who contact them about paranormal activities and then go in to investigate and possibly neutralize the spirits that are troubling whom-ever is involved.

Sounds simple and adventurous, right? This show is very entertaining but what bothers me most is the lack of searching for evidence. The group walks into the situation believing that without a doubt the place is haunted. They use similar equipment to the T.A.P.S group, but with the notion that the place is definitely haunted, taking most of the science part out of it. Though the stories from the people sound very much genuine, I feel that there is a lack of scientific perspective in the series. That being said, in the beginning of the show there is a disclaimer telling the viewers that these are only the

most drastic cases. Is this a scare tactic to get the viewer subconsciously going?

The interesting connection between all the series is that the psychics or ministers used are interchanged between all three shows. T.A.P.S allows new members to join and all over the country there are sister associations. There is even one in Iowa called I.P.A.R.T or better known as Iowa Paranormal Research Team.

"Paranormal State," however, doesn't have a joining area but they do have message boards, but this still leaves me wondering if extreme popularity has caused them not to allow members to join or is it all a hoax? This show, as entertaining as it may be, is a little far out, even for me.

All and all the shows are equally entertaining but "Ghost Hunters" has the most lovable cast because they actually seem like real people. The cast is more dominated by common sense and tools rather than full faith and belief in the paranormal. Whether you believe in ghosts or not each show is an entertaining watch.

Letter to the Editor

This is a response written in regards to another letter that was published in the Ames Tribune. The first letter by Tom Richards of Nevada had been written in defense of "this war." Richards wrote about all the benefits of freedom to the Iraqi people and the gain far outweighing the loss. This rebuttal was written by DMACC's computer specialist Ron Erickson.

To the Editor

I was thinking about writing an editorial in response to Tom Richards' column asking for someone to articulate the case against the war in Iraq when it struck me that it would be an utter waste of time.

It was clear that his arguments were already out

of date. I believe his call for creating a democratic government next to Iran and Saudi Arabia was one of last month's arguments for staying in Iraq. I think the current argument is that more soldiers must die so that the 4,000 soldiers who have already died won't have died in vain.

Of course, I doubt anyone who thinks the 58,195 names on that black granite wall in Washington weren't enough in the Vietnam civil war would be swayed by the argument that 4,000 dead is already enough in Iraq.

So I guess I don't have a good argument for Mr. Richards.

Ron Erickson
LAN specialist

POOR LITTLE BIRDIES

Molly Lumley
Managing Editor

I don't usually talk about the weather, it's going to happen no matter what anybody says, but I have to say that I've been extremely disappointed the last few weeks from this absence of spring.

I don't know if global warming has anything to do with the unpleasant weather but I doubt it because it's always too cold outside. And now we're supposed to be getting snow this week. I like snow, but only during the winter months.

Humans aren't the only ones affected by the weather. I was so happy to see the robins coming back to town the other day. I love watching the birds come back from the South every year, it's always a sure sign that spring is coming. It's exciting to watch hundreds of birds flying together

in coordinated flocks; I'm always fascinated by how they always stay together and never get lost.

Anyway, right after the robins started coming back there was another snow storm. I was in the hallway in front of the offices looking out the window and I saw a little robin jumping around on the patio outside. I felt so sorry for this little guy, he came back here all ready to pull worms out of the moist ground and fly around in the warm spring sun, and all he can do is just sit there and get bogged down by the snow.

I only hope that winter doesn't just skip right into summer and forget spring altogether. There are a few benefits, such as not having to go out and buy spring clothes right away, but I can't wait until the day that I can step outside and not have to wear a coat. It's coming, and it will be here soon, we all just have to be patient.

RIOT DAY

By Fiona Flatt

I'M WATCHING OUT THE WINDOW
AS THE STREETS ARE SET ABLAZE
THE CROWDS ARE YELLING
THE RIOTS TURNED BAD
AS THE COPS STARTS SHOOTING
THE BLOOD STARTS FLYING
AND I COULDN'T CARE LESS
IF THE GOVERNMENT FALLS
OR THE TYRANT STANDS
THE CHAOS IS SWELLING
THE BODY COUNT RAISED
THE CROWDS ARE YELLING
DEMANDING HIS HEAD
THE MILITARY TURNED AND
JOINED THE FIGHT
AND EVERYONE'S CHANTING
FOR THEIR BASIC RIGHTS
I'M STILL WATCHING, AND
LAUGHING INSIDE
CAUSE AMONG THIS RAGE
AND VIOLENT CHANGE
ANOTHER GENERATION
OF HERETICS REIGN

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Toonsies

by Eden Hinrichs



Spring is here!
E.Hinrichs

b g h k g i t e g b d f n w l n t
i i i r u n i i g k i e n b b i b
a l k i s r o b i n d r u l t a e
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g d s t u l i p s a g r o w i n g

- | | | | |
|-----------|----------|-------------|--------------|
| Raincoat | April | Biking | Birds |
| Blossom | bunnies | Butterfly | Caterpillar |
| Change | Daffodil | Flooding | Frogs |
| grass | Greenery | growing | Hiking |
| Hiking | Iris | Ladybug | Lilacs |
| May | Melting | Playgrounds | Puddles |
| Rain | Rainbows | Robin | Showers |
| Splashing | sunshine | Thaw | Thunderstorm |
| tulips | Umbrella | Weather | |

Horoscopes

Shane Meier

- Aries:** Your love for freedom will lead you to explore the galaxy.
- Taurus:** The reason your cows have been disappearing is that they're being abducted by aliens.
- Gemini:** The fact that you're stupid is not your fault, an alien known as a mind stealer stole your brain.
- Cancer:** You are the reincarnated royalty of an ancient alien civilization and one day you will rule the world. Knowing where you come from can push you to new heights.
- Leo:** You will adopt a wayward alien creature this week known as a cabbit. They require a lot of attention; make sure you have the time needed to raise such a creature.
- Virgo:** The president will be kidnapped by aliens this week, are you a bad enough dude to save him?
- Libra:** Do not go outside this week or you'll be abducted for it is Libra season.
- Scorpio:** You are being controlled by the grob, you must concentrate to regain your sanity.
- Sagittarius:** You will discover this week that you're not human and are from the planet Raberb IV. Coping with having to re-evaluate your belief system is not easy, but you can get through with a little help from your friends.
- Capricorn:** Do not speak too much this week otherwise you will bore people to death.
- Aquarius:** There are aliens known as the yip yips who wish to become your friend. It will be a challenge because they have a different mentality.
- Pieces:** An alien has caught your eye. You should explore this possibility of love. Just be sure that she is not from the planet Arias III, for they cannibalize their mates.

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